

# YOUR ONS DIARY

It is important to consume the recommended daily dose of ONS each day for at least 4 weeks. 2 bottles is the usual recommended daily dose. This diary can help you keep track of how much ONS you drink each day - mark the diary after you have consumed each bottle.

Start of therapy: <input type="checkbox"/> <input type="checkbox"/> . <input type="checkbox"/> <input type="checkbox"/> .20 <input type="checkbox"/> <input type="checkbox"/>				Your starting weight (kg):			
Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1							
2							
3							
4							
Your weight (kg) after 4 weeks:							
5							
6							
7							
8							
Your weight (kg) after 8 weeks:							

## INSTRUCTIONS



If you have taken the full daily dose of supplement.



If not, mark the quantity taken.